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Economic Commission approves construction of toll gates in Kabul



KABUL: The regular meeting of the Technical Committee of the Economic Commission of the Islamic Emirate was held at the Marmarin Palace Saturday, to discuss the establishment of tollgates in Kabul province.

The office of the Deputy Prime Minister for Economic Affairs said in a statement that the meeting discussed the proposals for construction of toll gates on the land of the Ministry of Transport and Civil Aviation in the Arghandi crossroads and Chamtala area of Kabul province.

After a comprehensive discussion, the proposals have been approved and the officials of the Ministry of Transport were instructed to consider the requirements of the relevant ministries and institutions in the proposals, the statement said. According to the statement, after analysis by the Ministry of Finance, the proposals will be sent to the Technical Committee of the Economic Commission for final approval.

It is to be noted that the feasibility studies for the construction of electricity dams in the Mandol and Nurgram districts of Nuristan and power distribution for 13 villages in the Pul-e-Khumri district of Baghlan province, had been discussed during the previous meeting of the Technical Committee of the Economic Commission.

The Kabul Times

IEA seeking to revive Kabul-Berlin relations, says Mujahid



KABUL: Zabihullah Mujahid, the spokesperson for the Islamic Emirate, has stressed on the revival of relations between Kabul and Berlin.

In response to the recent report of the German Parliament's Enquete Commission regarding the failure of Germany's twenty-year mission in Afghanistan, Mujahid stated that Germany played a role in the occupation of Afghanistan and the suffering of its citizens over the past twenty years and should compensate for it.

"Unfortunately, the Germans were involved in the occupation of Afghanistan for twenty years, participating in killings, massacres, and the harassment of the Afghan people. This must be compensated for. Now that the Islamic Emirate has come to power, it wants to establish good relations with all countries, including Germany, a country that has historically had long-standing, good, and trustworthy relations with Afghanistan," he said as quoted by the private TOLOnews.

Previously, the German Parliament's Enquete Commission reported that Germany's twenty-year mission in Afghanistan had failed. Michael Müller, the commission chair, stressed the necessity of dialogue with Afghanistan's current system.

The Kabul Times

Afghan-India trade reaches $763 million in 10 months, spokesman



KABUL: Akhundzada Abdul Salam Jawad, spokesperson of the Ministry of Industry and Commerce, said the other day that trade between Afghanistan and India has reached $763 million in the past 10 months of the outgoing solar year.

The country's major export commodities to India include dried figs, asafetida, saffron, raisins, cumin, and almonds, he said.

Meanwhile, the Afghanistan Chamber of Commerce and Investment (ACCI) views Indian markets as a favorable destination for Afghan products and emphasizes the need for greater trade facilitation, particularly in securing business visas for Afghan traders.

Some Afghan businessmen have also called for the establishment of a dedicated commission to address trade-related challenges with regional countries, particularly India.

Previously, the acting Foreign Minister of the Islamic Emirate of Afghanistan, Mawlavi Amir Khan Muttaqi during his visit to the United Arab Emirates, met with India's deputy foreign minister and discussed strengthening diplomatic relations, facilitating trade for Afghan businesses and enhancing economic and commercial relations.

The Kabul Times

No terrorist group to be allowed to operate in country, Fitrat

KABUL: The Deputy Spokesperson of the Islamic Emirate, Mullah Hamdullah Fitrat, said Saturday in an audiotape that Daesh has been suppressed in Afghanistan. Rejecting the recent report of the U.S. Special Inspector General for Afghanistan Reconstruction (SIGAR) regarding the presence of Daesh, Tehrik-i-Taliban Pakistan (TTP), and Al-Qaeda in Afghanistan, Fitrat emphasized that Daesh has been eliminated in the country and the Islamic Emirate will not allow any terrorist group to operate in the country. "Expressing concerns about the activities of Daesh, Tehrik-i-Taliban Pakistan (TTP), and Al-Qaeda in Afghanistan, is essentially a "campaign" in favor of the terrorist groups," he said.

In its latest report, the U.S. Special Inspector General for Afghanistan Reconstruction (SIGAR) expressed concerns over the activities of Daesh, Tehrik-i-Taliban Pakistan (TTP), and Al-Qaeda in Afghanistan.

The Kabul Times

MoPH stresses quality healthcare delivery in remote areas



KABUL: The acting Minister of Public Health of the Islamic Emirate of Afghanistan, Mawlavi Noor Jalal Jalali, met with representatives of Save the Children, World Vision, IMC, and CRS, to discuss the provision of healthcare services in the country's remote areas, the ministry said in a statement Saturday.

According to the statement, improving maternal and child health, enhancing the capacity of Afghan healthcare personnel, and ensuring effective service delivery have also been discussed in the meeting.

Speaking at the meeting Mawlavi Jalali emphasized the importance of high-quality healthcare and urged the representatives to implement an efficient service delivery process in the country.

The representatives assured that Save the Children, World Vision, IMC, and CRS are committed to providing quality healthcare services in coordination with the Ministry of Public Health of Afghanistan.

The Kabul Times

Another 91 Afghans released from Pakistani jails, ministry

KABUL: The Ministry of Refugees and Repatriations, in a statement said Saturday, that 91 Afghan nationals who were imprisoned by the Pakistani government due to lack of legal documents have recently been released and returned to the country in the two days.

Each of the Afghan prisoners had spent between 2 to 27 days in detention, said the statement, adding that they returned home following their release from Pakistani prisons.

A few days ago, 66 Afghan nationals imprisoned by the Pakistani government due to lack of legal documents had been released and returned to their home country.

The detention, harassment, and forced expulsion of Afghan migrants by Pakistani police, including those with legal documents have increased in recent days.

The Kabul Times



UNDP asked to support projects on irrigation infrastructure



KABUL: The acting Minister of Agriculture, Irrigation and Livestock, Mawlavi Attaullah Omari, met with Stephen Rodriques, the representative for the United Nations Development Programme (UNDP) on Saturday, discussing the implementation of projects in irrigation and alternative livelihoods for farmers.

Mawlavi Omari highlighted the urgent needs of the agricultural sector and asked for the UNDP's further support for irrigation infrastructure projects in the country, according to the statement.

He stressed the importance of aiding farmers transitioning from poppy cultivation to alternative crops to create sustainable livelihoods.

Stephen Rodriques assured the Ministry of Agriculture of UNDP's cooperation, agreeing with proposals on water management and alternative livelihoods projects in the country.

He noted UNDP's support from Japan for irrigation and mentioned efforts to draft a plan to attract global donors' attention to alternative livelihood projects in Afghanistan.

Rodrigues mentioned the CBARD project's activities, supported by UNDP, and announced the new ABADEI project in agriculture and livestock projects.

The Kabul Times

Thousands of domestic, foreign tourists visited historical sites of Ghor in 10 months



FIROZKOH: The Director of Ghor Information and Cultural, Mawlavi Abdul Hai Zayeem said Saturday that 3,200 domestic and foreign tourists have visited the historical sites of the province, in the past 10 months of the current solar year.

He said that the tourists who have visited the historical sites especially the Jam Minarets of Ghor province in the past 10 months come from Pakistan, Iran, India, the U.S., France, Germany, Australia and other countries.

"After the resumption of power by the Islamic Emirate of Afghanistan (IEA) security situation has been improved nationwide, including in Ghor, causing an increase in the number of domestic and foreign tourists visiting the province's historical sites and natural attractions," he said.

An increase in the number of tourists helped the revenue generation, he said, adding that efforts were underway to provide more facilities to foreign and domestic tourists in the province.

According to him, nearly 1,000 historical sites are in the province, of which 525 are registered with the provincial information and culture department and the rest will be registered soon.

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International-Daily
WWW.TheKabulTimes.com
Uzair Baryalay, Director of Govt. Dailies
Email: Atvaishan@gmail.com
Editor-in-Chief, Nik Mohammad Nikmal
Email: Nikmal@TheKabulTimes.com
Mob: (+93)700 208 103
Deputy Editor-in-Chief, Fathulbari Akhgar
Mob: (+93)748 076 223
Distribution: 0202 312 509-(+93)766 044 966-(+93)707 005 865
Graphic designers: Baktash Shiabani, Ali and Habibullah Aiman
Translators: Abdul Baqi Haqyar, Noor Ahmad and Hamid Jhwok
Cartoonist: Sayed Hassan Samedi
Address: 8th PD, Olympic Square, East of Chaman-e-Huzori, Kabul, Afghanistan

Food for thought

Today's generation guarantees our bright future

Country's reconstruction, development main responsibility of Afghans

After decades of devastating wars, foreign intervention and political instability, Afghanistan has now achieved its independence by the grace of Allah Almighty and the tireless efforts and countless sacrifices of Afghans. The end of the war and the establishment of a powerful and central Islamic system is a unique opportunity that Afghans should use properly, however, the important question is whether independence can solve our problems or whether the responsibility of building the country is also related to us.

As is clear, countries after taking their independence from occupying countries, have two options: either they take responsibility for their future and move towards development, or they focus on others aids. Fortunately, Afghanistan after the blessing of independence is now in the stage of development and rapidly moving toward progress and prosperity.

If Afghans think that other countries will come and work for Afghanistan's reconstruction and development, it is a misconception and illogical, as history has proven that no country has been rebuilt by foreigners, but always requires the sacrifices, hardships and work of its people. The nations that are leading the world economically, scientifically and politically today have never sat with the help of others, but have acted on the principle of their self-determination and self-sufficiency.

As is obvious to everyone, various foreign countries came to our country, some under the name of war and some under the pretext of helping, but what was the result? Afghanistan is still behind and its people are suffering from economic problems. With the support and blessing of Allah Almighty, a strong and central government is now ruling the country and we must play our role in the country's economic, educational and social development and not wait for others to come and build our country.

Economic self-sufficiency: instead of foreign aid, we should develop our domestic production, and pay special attention to the agricultural industry and trade, so that the country reaches economic stability and gets rid of foreign assistance.

Standard Education: Our future generation should be educated to be both religiously honest and strong in modern science because without an educated generation, we cannot step toward development and self-sufficiency.

Political stability: If we unite based on our national interests and jointly work to strengthen the system, no one will dominate our internal affairs.

Developing the country's infrastructure: roads, dams, factories and other economic projects are the main tasks to focus on.

Independence is a great blessing, but if we don't appreciate it, we lose it. It is our duty to build the country. If we continue to wait for others to build our country, we will need foreigners, but if we start working today, we will have a strong, independent and prosperous Afghanistan tomorrow.

How can Afghanistan strengthen national currency?

By supporting local manufacturers, the government can encourage innovation and entrepreneurship, leading to the creation of high-quality products at competitive prices.

One of the major economic challenges faced by developing countries is the devaluation of their currency due to high dependence on foreign goods.

When a country imports more than it exports, the demand for foreign currency increases, leading to currency depreciation.

This weakens the national economy, making essential goods more expensive and reducing the purchasing power of citizens. Industrialization provides a solution to this problem by promoting local production and reducing import dependency.

Moreover, by developing industries that manufacture goods for export, a country can earn foreign exchange, strengthen its currency, and stabilize its economy.

Afghanistan, like many developing nations, faces significant economic hurdles due to its reliance on imports.

The country's economy is heavily dependent on foreign aid, remittances, and the export of raw materials rather than finished goods.

This dependence makes Afghanistan vulnerable to global market fluctuations and foreign economic policies.

To overcome these challenges and establish a self-sustaining economy, Afghanistan must embrace industrialization as a long-term economic strategy.

Industrialization is a multifaceted process that requires careful planning and execution. The first step towards industrial development is creating a strong foundation by investing in infrastructure.

This includes constructing roads, railways, energy plants, and communication networks to support large-scale industrial operations. Efficient transportation and logistics systems reduce production costs and facilitate the movement of goods within the country and for export.

Without a solid infrastructure, industries cannot function effectively, and economic growth remains stagnant.

Another critical aspect of industrialization is fostering a competitive domestic market. To achieve this, Afghanistan must promote local industries by reducing taxes on domestic production and limiting unnecessary imports.

By supporting local manufacturers, the government can encourage innovation and entrepreneurship, leading to the creation of high-quality products at competitive prices.

This, in turn, will reduce dependence on foreign goods, keeping more wealth within the country and strengthening the national currency.

Attracting investments is another essential pillar of industrialization.

A stable and business-friendly environment encourages both domestic and foreign investors to establish industries within Afghanistan. The government must implement policies that protect investors' interests while ensuring that industries contribute to national development. Special economic zones, tax incentives, and simplified business regulations can play a vital role in drawing investment into the country.

Additionally, public-private partnerships can help bridge the gap in financing large industrial projects.

Technical education and skill development are also crucial for successful industrialization.

A nation's workforce must be equipped with the necessary skills to operate and maintain industrial machinery, innovate production techniques, and enhance productivity. Establishing vocational training centers, universities with specialized industrial courses, and research institutions will help develop a skilled workforce that can drive industrial growth.

Without proper education and technical training, a country cannot fully benefit from industrialization, as industries rely on human capital for efficiency and innovation.

Industrialization is not an overnight process; it requires careful planning, investment, and strategic decision-making.

It is essential for a nation to establish its political and economic independence before embarking on industrialization. By focusing on infrastructure, creating a free domestic market, attracting investments, and fostering intellectual growth, a country can successfully transition into an industrialized economy.

For Afghanistan, embracing industrialization is not just an economic necessity but also a means to uphold its sovereignty and strengthen its position in the global market.

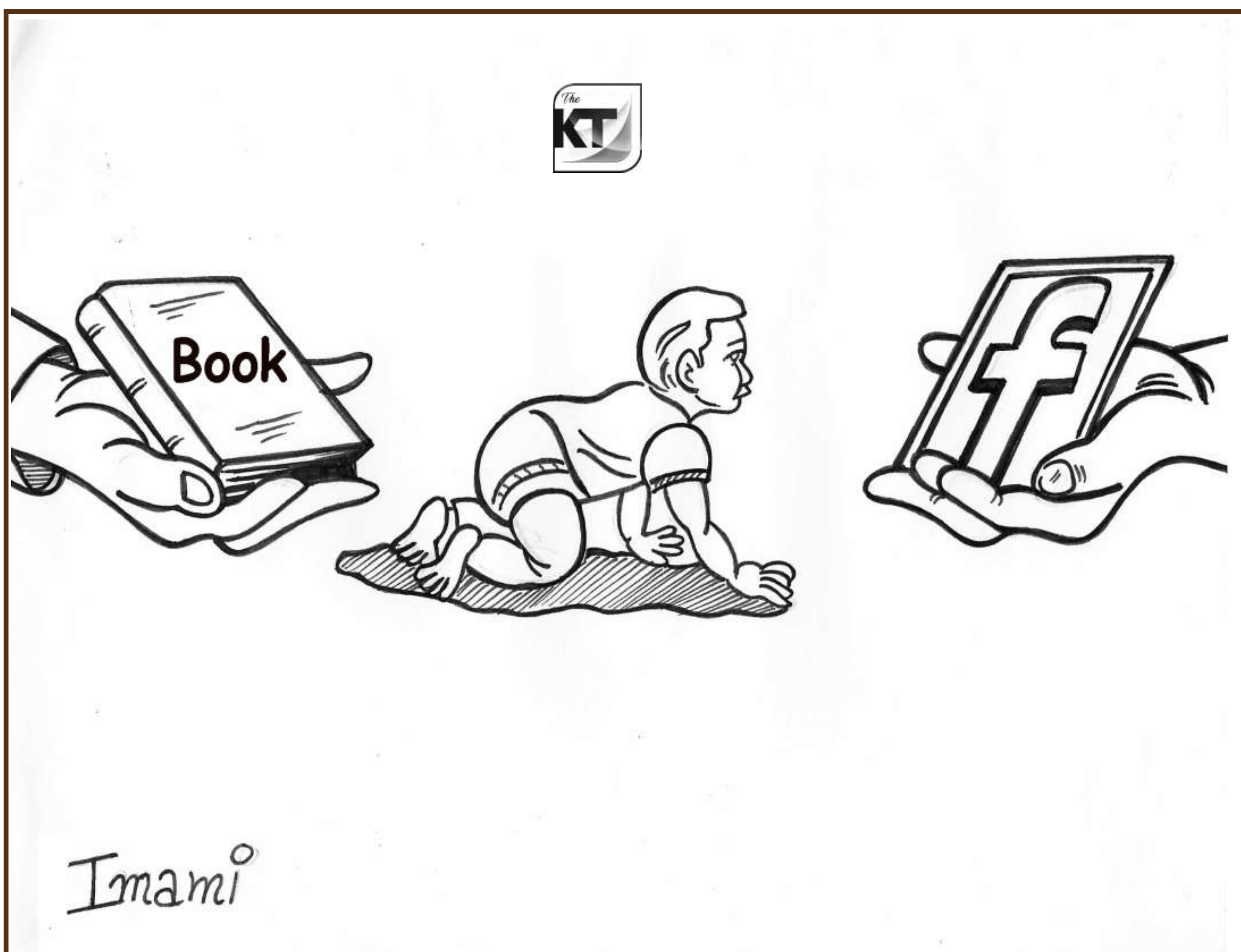
A well-planned industrialization strategy will create job opportunities, reduce poverty, and improve the overall standard of living. It will also ensure that Afghanistan can compete internationally by producing and exporting goods rather than remaining dependent on imports.

With a clear and long-term strategy, industrialization can be the key to economic resilience, prosperity, and self-sufficiency.

Afghanistan's future economic stability depends on its ability to develop a strong industrial base, making it less reliant on foreign economies and more capable of determining its own financial destiny. By prioritizing industrial growth, Afghanistan can take a significant step toward economic independence and long-term sustainability.

Concluded

Fida Mohammad



Role of government in institutionalizing Islamic culture in trade markets

Part I



In today's world, financial and economic markets are recognized as one of the main pillars of societal development and progress.

However, the success and sustainability of these markets are not solely dependent on economic growth; rather, adherence to ethical and cultural principles governing the market also plays a decisive role.

Despite the fact that Afghan society is deeply rooted in the teachings of Islam, years of ideological warfare and the cultural influence of colonialism have distanced people from these teachings.

Unfortunately, Islamic ethics are now rarely observed in financial markets and commercial transactions.

This is despite the fact that the great Prophet of Islam encouraged Muslim traders to practice honesty, trustworthiness, sincerity, and good character, promising them that on the Day of Judgment, they would be among the prophets, the truthful, the martyrs, and the righteous.

Islam, as a complete and comprehensive system, places great emphasis on ethics in transactions.

Islamic jurisprudence and teachings emphasize justice, honesty, trustworthiness, good character, and the observance of the rights of both parties in a transaction, providing a moral and spiritual framework for economic activities.

These principles not only contribute to market stability and fairness but also foster trust and cooperation among economic players—something that contemporary societies are in dire need of.

Islam places such significant importance on ethics in commerce that the Holy Quran, in Surah Ash-Shu'ara, verse 181, instructs believers to uphold fairness in measurement and avoid fraud.

In Islam, transactions are not merely seen as economic activities but as opportunities to realize justice, uphold the rights of others, and cultivate a sense of responsibility.

By emphasizing principles such as honesty, trustworthiness, avoiding deception, and maintaining fairness, Islam establishes a moral framework for economic engagements.

Adhering to these ethical principles not only promotes spiritual growth among individuals but also contributes to the formation of a balanced and just society.

In such a society, public trust increases, economic corruption declines, and the foundation for sustainable development is strengthened.

Therefore, promoting Islamic culture in commercial transactions is not just a religious necessity but also a social and economic imperative.

If ethics are not upheld in the marketplace, numerous problems arise that can undermine both economic and social foundations.

In such situations, public trust between buyers and sellers erodes, leading to an atmosphere of distrust and suspicion.

Fraud, dishonesty, deceit, financial corruption, usury, false oaths, and bribery become widespread, pushing society toward instability and loss of integrity.

These unethical behaviors not only harm consumers but also create unhealthy competition among market participants, ultimately driving the economy toward inefficiency and instability.

Furthermore, the absence of ethics in commerce can weaken societal and moral values, diminishing the spirit of cooperation and responsibility. Thus, the presence of ethical standards in the market is not only an economic necessity but also a fundamental requirement for the well-being and stability of society.

Understanding and appreciating the value and position of ethics in the market system requires substantial effort. Institutionalizing this culture in financial markets necessitates well-planned and coordinated efforts. In this regard, the role of the government as a policymaker and executor is of great significance.

Through legal, educational, and cultural tools, the government can create the necessary conditions for promoting and embedding Islamic culture in financial transactions and commercial exchanges.

This article examines the government's role in this process and presents strategies for achieving this goal.

Firooz Ahmad Ebrahimi

Afghanistan seeking dignified relations with all countries

Since the re-establishment of the Islamic Emirate of Afghanistan (IEA) in 2021, the IEA leadership has believed in dialogue and positive engagement with the world countries, including the U.S. After over three years, the Islamic Emirate is still in favor of dialogue and seeking dignified relations with all countries in the world and region, including the United States.

Acting Minister of Foreign Affairs of the Islamic Emirate, Mawlavi Amir Khan Muttaqi, in his recent interview with BBC, says the Islamic Emirate of Afghanistan (IEA) seeks dignified relations with all countries, including the United States, where mutual respect is preserved.

"Currently, if the U.S. wants to engage with Afghanistan politically and economically, we have no problem.

We want dignified relations with the United States and with all countries—relations in which the dignity of both sides is preserved." He stressed that the Islamic Emirate will not allow Afghanistan to become a battleground for negative competition between powerful countries again.

According to Amir Khan Muttaqi, the Islamic Emirate aims to make Afghanistan a hub for connecting regional countries. Pointing to U.S. aid suspension, Muttaqi said that the suspension of U.S. aid to Afghanistan would also have an impact.

"The aid has not only been cut from Afghanistan, but this also relates to the U.S. internal policy regarding how it engages and interacts with other countries; however, it certainly has an impact, and we hope that the negative effects will not be severe and perhaps these issues will not be permanent," Muttaqi added.

The Islamic Emirate's balanced politics has led most countries to improve their relations with Afghanistan with complete confidence as most countries in the world and region have entered to positive interaction with the Islamic Emirate of Afghanistan.

Despite the existing challenges, Afghanistan has benefited from its peaceful policy, believing in dialogue and seeking relations with all countries.

Following nearly half a century of imposed wars and persistent instability, Afghanistan today enjoys comprehensive security and development.

Over the last three years, the Islamic Emirate has managed to transform the narrative of Afghanistan from a prevent security concern to one of development, economic rehabilitation, investment opportunity, and improving services to the Afghan people.

Given Afghanistan's unique geographic position, undoubtedly security and stability in Afghanistan is in the interest of all countries in the world and region.

Assured security in Afghanistan has paved ground for the implementation of regional projects as well as expansion of trade and economic relations with countries in the world and region.

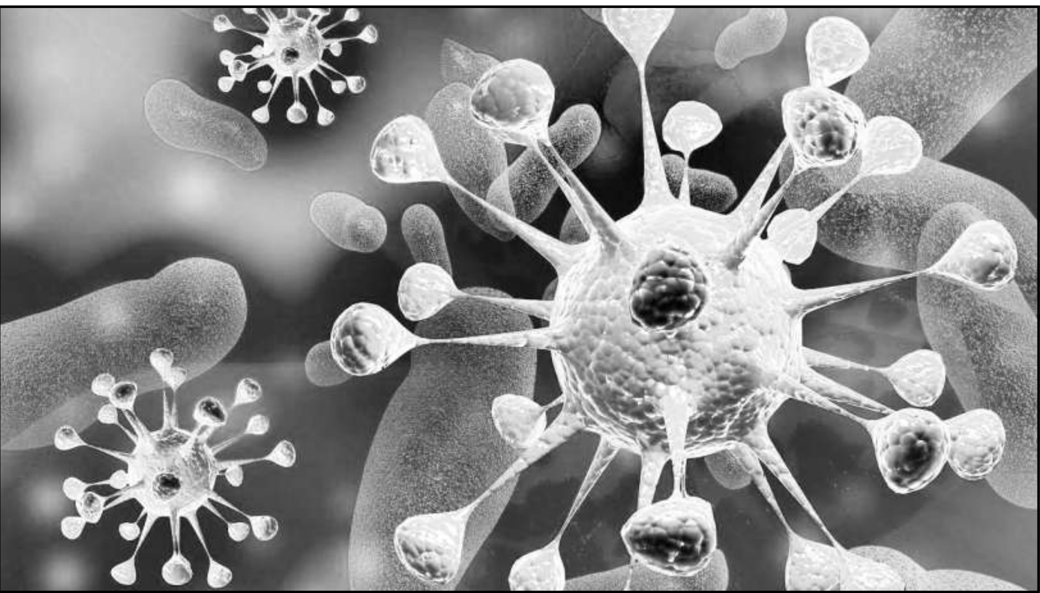
The past three years' developments and progress indicate that the time has finally arrived to take advantage of the opportunities in Afghanistan, and in the context of regional connectivity, the Afghan government is interested in pursuing practical cooperation by adopting an economy-centric foreign policy and believing dialogue and exchange of ideas.

The Islamic Emirate has repeatedly clarified that Afghanistan seeks mutual and dignified relations with all countries in the world and region.

It is time that the international community enters into positive engagement with the Islamic Emirate and share their issues with the IEA leadership through dialogue.

Mukhtar Safi

The increase of diseases over time: Factors and impacts



The rapid advancement of medical technology, lifestyle changes, and the global interconnectivity of populations have led to an era where diseases seem to evolve at an accelerated pace.

While this might suggest progress in medical science, the increase in the incidence and variety of diseases over time has become a global concern. Diseases that were once rare or geographically confined are now more prevalent and often more severe, affecting populations in ways that challenge our healthcare systems.

This phenomenon is linked to a complex web of factors, ranging from environmental changes to human behavior and genetics.

Understanding the relationship between the passage of time and the rise in diseases is crucial for developing effective public health strategies and preparing for future challenges.

The role of environmental changes:

One of the most significant factors contributing to the rise in diseases over time is the dramatic alteration of the environment. Climate change, pollution, and deforestation have introduced new variables into the equation, fostering conditions in which diseases can spread more easily.

Warmer temperatures, for example, allow vector-borne diseases such as malaria, dengue fever, and Zika virus to flourish in regions that were previously too cold to sustain such pathogens.

The environmental shift is also linked to the increased frequency of extreme weather events, such as floods and hurricanes, which create fertile breeding grounds for disease-carrying insects and bacteria. Furthermore, the degradation of natural ecosystems has reduced biodiversity, weakening natural barriers that once kept diseases in check.

Lifestyle changes and their impact on health:

In the modern era, significant changes in human lifestyle, especially in urbanized areas, have played a role in the increase of diseases.

The rise of sedentary living, coupled with poor diet choices, has contributed to the proliferation of chronic diseases such as obesity, diabetes, and cardiovascular disease.

These diseases, which were once primarily seen in older populations, are now emerging in younger individuals due to lifestyle factors like poor diet and lack of physical activity.

Additionally, the growth of the globalized economy has led to more processed food consumption and increased reliance on pharmaceuticals.

This shift has resulted in an increase in metabolic disorders, autoimmune diseases, and antibiotic resistance, which is now considered one of the most serious global health threats.

Advances in medicine and the emergence of new diseases:

While medicine has made significant strides in combating infectious diseases, the very advancements in healthcare have paradoxically contributed to the emergence of new health challenges.

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Afghanistan & regional trade: From closed doors to new opportunities

Part I



Afghanistan is geographically located in a region that has access to the densely populated markets of South Asia in the east, the energy-rich countries of Central Asia in the north, and the global markets in the west through major routes and corridors.

While there are great opportunities for the country's economic development, decades of conflict and security challenges have limited the exploitation of these opportunities.

Afghanistan's geographical location has provided the country with an unparalleled opportunity to expand regional trade.

Afghanistan Ministry of Industry and Commerce had said in its 2020 report that Afghanistan had exports of only $2.7 billion, of which 74% of the exports had been to neighboring markets, such as Pakistan, Iran, China, and India.

The figures show that Afghanistan still has room for expansion in regional trade.

The Chabahar Port project, with an investment of $500 million, is considered a major economic opportunity for Afghanistan.

The port will provide Afghanistan with an opportunity to increase exports by 30%, which will not only strengthen the country's economy, but also expand regional trade relations.

The development of transport infrastructure, such as roads, ports and airports, plays a significant role in the expansion of Afghanistan's trade and economy.

Meanwhile, the country's Ministry of Agriculture, Irrigation and Livestock (MAIL) reports that 70% of the country's exports are from agricultural products, particularly fruits, vegetables, and nuts.

Developing regional trade can help find new markets for these agricultural products and provide farmers with economic benefits.

Attracting investment is also vital for the expansion of Afghanistan's regional trade.

Reforming laws, simplifying taxes, and increasing facilities for trade will attract the investments that are essential for economic development in the country.

Increasing Afghanistan's regional trade will not only strengthen the country's economic situation, but will also provide concrete ground for regional economic cooperation.

If Afghanistan can expand trade relations with its neighboring countries, then the path to economic development will be opened for the country.

By taking advantage of these opportunities, Afghanistan will easily change to an important economic hub in the region.

Trade development is a vital need for the country's economic balance, reduction in unemployment, increasing agricultural production, and attracting investment.

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USD	GBP	INR	PKR	EUR	IRR	AED
01	01	1000	1000	01	1000	01
AFN	AFN	AFN	AFN	AFN	AFN	AFN
75.20	93.19	867	259	77.92	01.36	21.48



Afghan skiers held demonstration training in Ghazni



A group of Afghan skiers in Ghazni province recently held a demonstration training session to showcase their skills and prepare for upcoming competitions. The event, organized by local sports authorities, brought together both national and provincial-level skiers to participate in an intensive practice session.

According to the provincial sports administration, the training was conducted in the mountainous region of Shahrak-e-Mohajerin, where 20 skiers took part in a series of drills and exercises. The primary aim of this session was to improve the athletes' performance and readiness for future tournaments, particularly provincial championships. The event allowed skiers to test their endurance, enhance their techniques, and gain more experience in challenging terrains.

Despite the growing enthusiasm for skiing in Afghanistan, the Afghanistan Ski Federation has yet to organize official national team competitions. This lack of formal tournaments has made it difficult for professional and aspiring skiers to gain national recognition and advance in their careers. However, local sports officials and skiing enthusiasts remain hopeful that structured events will soon be held to support the sport's growth.

The recent training session in Ghazni reflects the increasing passion for winter sports in Afghanistan. Despite limited resources and infrastructure, Afghan skiers continue to train and showcase their talents, demonstrating their resilience and commitment to the sport. With proper support from relevant authorities, skiing could become a more recognized and developed sport in the country.

The Kabul Times

Afghanistan's second-division cricket tournament wraps up



The provincial second-division cricket tournament has officially concluded, marking the end of an intense competition among teams from across Afghanistan.

According to officials from the Afghanistan Cricket Board (ACB), the tournament featured 40 teams, divided into eight groups of five, competing for a spot in the first-division provincial championship.

After weeks of competition, eight teams emerged as the top performers, securing qualification for the upcoming first-division provincial cricket tournament. These teams demonstrated outstanding skill and resilience, earning the opportunity to compete at a higher level in Afghanistan's domestic cricket structure.

The tournament followed the fifty-over format and was hosted in four provinces: Kandahar, Nangarhar, Kunar, and Khost. Organized by the domestic cricket department of the ACB, the event aimed to promote local cricket talent and provide emerging players with a platform to showcase their abilities.

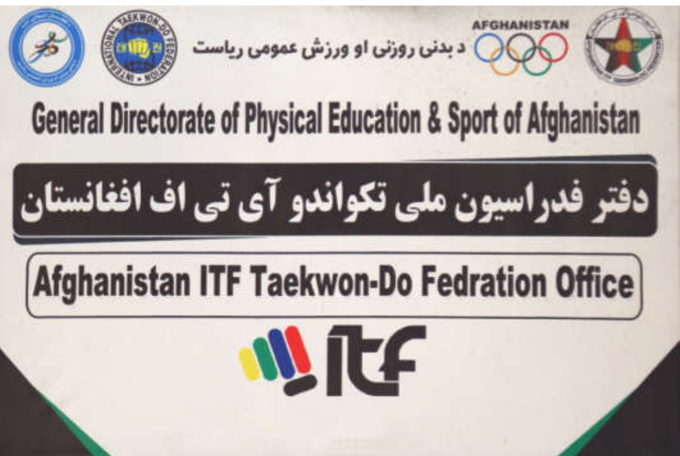
With the second-division tournament now complete, preparations are underway for the first-division provincial cricket championship, which will take place in the near future.

The upcoming competition will see the newly qualified teams face off against each other, further intensifying the quest for cricketing excellence in Afghanistan.

The successful completion of this tournament highlights the continued development of domestic cricket in the country. As Afghanistan strengthens its presence in the global cricketing arena, such competitions play a crucial role in identifying and nurturing future national-level players.

The Kabul Times

Six ITF Taekwondo athletes honored in Kabul



A ceremony was held at the National Olympic Committee's conference hall in Kabul to honor six athletes from the ITF Taekwondo National Federation. The event was attended by senior officials from Afghanistan's sports sector, including the General Director of the National Olympic Committee, the leadership of the Taekwondo Federation, and other officials.

During the event, the leadership of the sports administration recognized and appreciated the achievements of ITF Taekwondo athletes who recently participated in competitions hosted by Uzbekistan.

These athletes successfully earned third and fourth Dan black belts in the ITF championship, demonstrating their dedication and skill in the sport.

Among the notable attendees were Mawlavi Ahmadullah Wasiq, the General Director of the National Olympic Committee, Dad Mohammad Payenda Akhtari, the Director of Olympic Affairs, and Atal Mashwani, the Director of Media and Publications. The leadership of the ITF Taekwondo Federation, along with the honored athletes, also participated in the ceremony.

At the conclusion of the event, Mawlavi Ahmadullah Wasiq personally awarded the six ITF Taekwondo athletes with their third and fourth Dan black belts, acknowledging their hard work and commitment. He encouraged them to continue striving for further success and wished them greater achievements in the future.

This recognition highlights the ongoing efforts to promote and support martial arts in Afghanistan, encouraging young athletes to excel in international competitions and bring pride to their country.

The Kabul Times

Russian air attack kills four in Ukraine, Kyiv says



Russia launched a barrage of drones and missiles on Ukraine on Saturday, killing at least four civilians and damaging residential buildings and infrastructure across the country, Ukrainian officials said.

The interior ministry said that a Russian missile slammed into a residential building in the central city of Poltava, killing three people and injuring 10, including a child.

The ministry posted pictures on the Telegram messaging app showing the residential building with several top floors smashed and thick columns of smoke rising into the sky. Fire brigades and dozens of rescuers were going through the rubble.

One person was killed and four were wounded in the city of Kharkiv in the northeast as the result of a drone attack, the Kharkiv mayor said.

Officials said that the Russian forces also damaged buildings in the city of Zaporizhzhia in southeastern Ukraine.

Ukrainian air defense was also repelling the attacks in Kyiv, but there were no immediate reports of major damage or casualties in the capital, they said.

"Russia's daily attacks on Ukraine are a signal that the aggressor will not stop committing its crimes," Ukrainian Ombudsman Dmytro Lubinets said on Telegram.

"Last night and in the morning, Russia shelled Ukraine again: Odesa, Poltava, Kharkiv, Zaporizhzhia... The terrorist targets civilian infrastructure: residential buildings, educational institutions, cars."

As the war against Russia approaches its three-year mark this month, Moscow has stepped up its air attacks on Ukraine, sending dozens of drones in almost daily attacks.

The strikes in the morning hours on Saturday followed a Russian missile attack on the southern Black Sea port of Odesa the previous evening which damaged the city's historic center.

Alarabiya

Air ambulance carrying child, 5 others crashes in US city of Philadelphia

An air ambulance transporting a child who had just completed treatment for a life-threatening condition, her mother and four others, has crashed into a Philadelphia neighbourhood in the United States.

The plane crashed shortly after takeoff just after 6pm (23:00 GMT) on Friday evening, exploding in a fireball that engulfed several homes, videos aired on local TV stations showed.

Jet Rescue Air Ambulance, which operated the Learjet 55, said in a statement: "We cannot confirm any survivors." It said the plane had four crew members apart from the child and her mother. All six on board were Mexican citizens, the country's foreign ministry said in a statement.

The child was being transported home, according to Jet Rescue spokesperson Shai Gold. The flight's final destination was Tijuana after a stop in Missouri, about 1,800km (1,100 miles) to the southwest.

"The patient had received care from Shriners Children's Philadelphia and was being transported back to her home country in Mexico on a contracted air ambulance when the crash happened," said Mel Bower, a spokesman for Shriners Children's hospital.

Philadelphia Mayor Cherelle Parker told a news conference at the scene that several houses and cars had been engulfed in flames. She said the situation is "all hands on deck, that's where we are right now".

Pennsylvania Governor Josh Shapiro told reporters at the crash scene that "we know there will be loss in this region".

"We want to offer our thoughts and our serious prayers for those that are grieving at this moment," Shapiro said.

"So sad to see the plane go down in Philadelphia, Pennsylvania. More innocent souls lost.

Aljazeera

From P3

Afghanistan & regional trade:...

Increasing Afghanistan's exports is not only essential for the country's economy, but also for strengthening regional relations.

To strengthen Afghanistan's economic situation, the expansion of regional trade can keep the balance of trade in the country, which will ultimately lead to economic stability. The Chabahar Port project, which was inaugurated with an investment of $500 million, is one of the most important economic projects for our country. With the development of this port, Afghanistan can deliver its exports to other countries in the region.

The port is not only a good omen for the development of Afghanistan's economic relations, but also greatly enhances the development of regional trade.

By utilizing the port's capabilities, the Islamic Emirate can provide Afghan traders with a new opportunity to increase Afghanistan's exports by 30%. Chabahar Port has provided trade facilities not only for Afghanistan but also for regional countries.

Through this project, Afghanistan can further strengthen its trade position in the region and offer new opportunities to the regional economy.

Developing Afghanistan's transport infrastructure is another essential aspect of the development of regional trade.

It has been said that Afghanistan's transport sector needs an investment of $2 billion to expand the infrastructure to facilitate trade.

Investment in the development of transport infrastructure and the construction of roads, ports and airports is essential for increasing trade and expanding economic relations.

The development of the respective infrastructure can facilitate Afghanistan's trade routes, which is a fundamental need for increasing trade with neighboring countries and attracting investment.

The development of transport infrastructure will further strengthen Afghanistan's trade relations, which is also important for the economic integration of the region.

The Ministry of Agriculture, Irrigation and Livestock of the Islamic Emirate reports that 70% of Afghanistan's exports are agricultural products, such as fruits, vegetables, nuts, and other products.

Agriculture is a key sector for economic development in Afghanistan, vital for reducing unemployment, improving the living conditions of farmers, and sustainable economic development.

The development of agricultural production is of great importance for the country's economy.

Sayed Sharif

From P3

The increase of diseases over time:...

The overuse of antibiotics and vaccines has led to the development of antibiotic-resistant strains of bacteria and viruses. These so-called "superbugs" are becoming increasingly difficult to treat, making it harder for healthcare systems to manage even common illnesses.

Moreover, medical practices and procedures, while saving lives, have also introduced risks.

The increased use of invasive surgeries and the rise in organ transplants have inadvertently created opportunities for the transmission of new infectious diseases, some of which have not been fully understood.

Globalization and disease transmission:

The interconnectedness of the world through trade, travel, and migration has dramatically altered the landscape of disease transmission. Pathogens that were once confined to specific geographic regions are now able to spread quickly across borders. The recent COVID-19 pandemic is a prime example of how a disease can evolve and proliferate due to global mobility.

The increase in international travel has made it easier for diseases to spread rapidly, creating pandemics and public health crises. Diseases such as tuberculosis, HIV/AIDS, and influenza now have the potential to reach global proportions in a matter of months, putting even the most advanced healthcare systems under strain.

Aging populations and disease incidence:

Another critical factor in the increase of diseases over time is the aging of populations in many parts of the world. As life expectancy increases, the prevalence of age-related diseases such as Alzheimer's disease, Parkinson's disease, and other neurodegenerative conditions also rises. This demographic shift puts immense pressure on healthcare systems to manage long-term care for elderly individuals.

Aging populations are also more susceptible to chronic diseases such as hypertension, arthritis, and various cancers, leading to an overall increase in the burden of disease globally.

Genetic factors and emerging health risks:

Genetic factors also play a crucial role in the rising incidence of diseases. Advances in genomics have allowed for a better understanding of how genetic predispositions contribute to various conditions. Some populations may be more genetically susceptible to certain diseases, making them more vulnerable as environmental and lifestyle factors evolve.

Moreover, the process of human evolution is far from complete, and the interplay between genetic evolution and environmental factors can lead to the emergence of new health risks. With the rapid pace of change in the modern world, these genetic predispositions may manifest in ways that were not seen in previous generations.To be continued

Dr. Bushra Parnian